

## Appendicitis in Children and its Complications

Chen Titis \*

Department of Critical Care Medicine, George Washington University Medical Center, Washington, DC, USA

**Corresponding Author:** Chen Titis, Department of Critical Care Medicine, George Washington University Medical Center, Washington, DC, USA, E-mail: ChenTitis@yahoo.com

**Received date:** December 10, 2021; **Accepted date:** December 24, 2021; **Published date:** December 31, 2021

**Citation:** Titis C (2021) Appendicitis in Children and its Complications. J Clin Gastroenterol Hepatol Vol.5 No.4:2.

### Description

Appendicitis is an infection or inflammation of the appendix. The appendix is a small tubular organ that connects to the large intestine. It is located in the lower right corner of the abdomen. If the appendix of a child becomes inflamed, it should be treated immediately. Appendicitis occurs when a child's appendix becomes infected or inflamed. Symptoms include severe pain in the child's right lower abdomen. Treatment usually involves removing the appendix in the child by surgery. Appendicitis is a very serious condition. If the appendicitis is not treated, the appendix in the child can rupture (rupture). When appendicitis ruptures, bacteria can spread to the abdomen of the child. These bacteria can cause a serious infection called peritonitis. When appendicitis ruptures, bacteria can also infect the bloodstream. This is a life-threatening condition called sepsis. Appendicitis affects 70,000 children annually in the United States. It is most common for children between the ages of 10 and 19. Appendicitis is the most common cause of emergency abdominal surgery in children.

The cause of appendicitis in children is not always known. Most often, it is caused by an obstruction (occlusion) in the opening of the appendix in the child. It also can be caused by: abdominal infection, digestive tract infection, inflammatory bowel disease, stool, parasites or growths inside your child's appendix.

Abdominal pain in the lower right area of your child's abdomen is an important sign of appendicitis. Pain often begins around the navel and then travels to the lower right. Other symptoms include: nausea and vomiting, loss of appetite and low-grade fever. Appendicitis in children may only be treated with antibiotics. However, the most common treatment for appendicitis is to get rid of the appendix in the child. Surgery to remove the appendix is called appendectomy. Appendectomy can be performed in two ways:

### Laparoscopic

The surgeon will make several small incisions in your child's lower right abdomen. The surgeon then inserts a video camera

into one of the incisions. Then use a small tool to remove the child's appendix from the incision. This type of appendectomy has a short recovery time and a low infection rate.

### Laparotomy (open)

The surgeon will make a large incision in the lower right abdomen of the child. This type of appendectomy is often used in more complex cases of appendicitis. The recovery time will be longer. Before surgery, the child will be given antibiotics. A doctor (paediatric anaesthesiologist) who specializes in pain relief and sedation in the child will anesthetize the child. Anaesthesia brings sleep, the operation takes about 1 hour.

### Complications for Appendicitis

Complications may occur after an appendectomy. These complications are more common in more advanced cases of ruptured appendicitis and may include:

#### Infections

Infections can be treated with antibiotics. You may need to open the wound to get rid of the infection.

#### Abscesses (Pockets of pus)

The abscess may be treated with antibiotics. Larger abscesses may need to be drained.

#### Small bowel obstructions

Partial or complete obstruction of the small intestine can occur. Surgery may be required. Most children recover soon after surgery. No dietary or lifestyle changes are required. Children who have undergone laparoscopic surgery should have limited physical activity during the first 3-5 days of recovery. Children who have undergone laparotomy (laparotomy) should rest for 10-14 days before performing physical activity.